

# Sprague Football - June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Spring Practice 4:30-6:30pm Stadium (Incoming 9th graders included)	2 Spring Practice 4:30-6:30pm Stadium (Incoming 9th graders included)	3
4	5 Spring Practice 4:30-6:30pm Stadium (Incoming 9th graders included)	6 Spring Practice 4:30-6:30pm Stadium (Incoming 9th graders included)	7 Spring Practice 4:30-6:30pm Stadium (Incoming 9th graders included)	8 Graduation	9 OFF	10
11	12 OFF	13 OFF	14 OFF	15 OFF	16 OFF	17 OFF
18	19 Weights 8:30-10am	20 Weights 8:30-10am  Practice @ South Salem 6-8pm	21 Weights 8:30-10am	22 Weights 8:30-10am  Practice @ South Salem 6-8pm	23 OFF	24
25	26 Weights 8:30-10am	27 Weights 8:30-10am  Practice @ South Salem 6-8pm	28 Weights 8:30-10am	29 Weights 8:30-10am  Practice @ South Salem 6-8pm	30 OFF	

# Sprague Football - July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 OFF	4 OFF	5 Weights 8:30-10am  Potential 7v7@McMinnville HS - Varsity Only	6 Weights 8:30-10am	7 Weights 8:30-10am	8
9	10 Weights 8:30-10am	11 Weights 8:30-10am	12 Weights 8:30-10am 7v7 @ Dallas HS Time TBD Varsity Only?	13 Weights 8:30-10am Practice @ South Salem 6-8pm	14 Willamette U Trench Camp OL/DL	15 Willamette U Trench Camp OL/DL
16 Willamette U Trench Camp OL/DL	17 Weights 8:30-10am	18 Weights 8:30-10am Practice @ South Salem 6-8pm	19 Weights 8:30-10am Practice @ South Salem 6-8pm	20 Weights 8:30-10am Practice @ South Salem 6-8pm	21 OFF	22 OFF
23	24 Moratorium Week OFF	25 Moratorium Week OFF	26 Moratorium Week OFF	27 Moratorium Week OFF	28 Moratorium Week OFF	29
30	31 Weights 8:30-10am					

# Sprague Football - August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Weights 8:30-10am  Olympian Youth Football Camp @ Judson 6-7:30pm	2 Weights 8:30-10am  Olympian Youth Football Camp @ Judson 6-7:30pm	3 Weights 8:30-10am  Olympian Youth Football Camp @ Judson 6-7:30pm	4  OFF	5
6	7 Weights 8:30-10am	8 Weights 8:30-10am  Equipment Check-out 5-7:30pm Ret. Varsity, Jr/Sr	9 Weights 8:30-10am  Equipment Check-out 5-7:30pm Incoming Frosh/Soph	10 Weights 8:30-10am  Olympians Unified Camp 6-7:30pm	11  OFF	12  Oly Football Family Day & BBQ 1-5pm
13	14 Team Meeting 9-10am  Practice (helmets) 4-7pm	15 Practice (helmets) 8-10am  Practice (helmets) 4-7pm	16 V/JV Weights 8-10am  Practice (shells) 4-7pm	17 Practice (helmets) 8-10am  Practice (shells) 4-7pm	18 V/JV Weights 8-10am  Practice (full pads) 4-7pm	19 Practice (helmets) 9-11am
20	21 Practice (full pads) 4-6:30pm	22 Practice (shells) 4-6:30pm	23 Practice (helmets) 4-6:30pm	24  Jamboree @ Wilsonville	25 Team Pictures & walk through @ Stadium	26
27	28 Practice (helmets) 4-6:30pm	29 Practice (full pads) 4-6:30pm	30 Practice (shells) 4-6:30pm	31 Varsity Practice (shells) 6:30-8am  JV & Frosh Game Day	1 Beat Liberty 7pm	